

# Athletics

## Adult Basketball

### Ages 16 & Up

Teams play 10 game schedules Sunday thru Thursday. Registration dates: 8/21-8/24 & 8/28-8/31 from 5-7 pm at the Miller Center.

Team \$425.00; NR \$5.00 per player

Sandusky Middle Gym – Contact: Ron Martin

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
30006.301	S-TH	9/10-11/12	6:30-8:30 pm

## Basketball Coaches Clinic

### Ages 18 & Up

All youth recreational coaches are encouraged to attend this clinic. Whether you are an experienced or new coach, this clinic helps you discover and develop new drills and ways to challenge your team. Learn strategies for rotating players, organizing practices and developing plays. Register by 11/10.

CR & NR \$10.00

City Armory – Contact: Joanna Nisbet

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
31032.301	M	11/20	7:30-10 pm

## Adult Volleyball

### Ages 18 & Up

Teams play a 12 match (5 games per match) schedule with one match per week starting at 7 pm or 8:30 pm. The top four teams play a single elimination tournament (best two out of three games) to determine a City Champion. The last day to sign new players is 1/20. Organizational Meeting: 10/17 at 6 pm at Miller Center. Registration: 10/23-10/26 & 10/30-11/2 from 4:30-6:30 pm at the Miller Center.

Team \$285.00; NR \$5.00 per player

Linkhorne Middle Volleyball Court – Contact: Ron Martin

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
30003.301	M-F	12/4-4/6	7-11 pm

## Open Gym Basketball

9/11-11/10

FREE supervised open gym time for adults and youth. Sign-in required each day.

### Adult Open Gym

<u>Day</u>	<u>Time</u>	<u>Location</u>
M-TH	6-9 pm	City Armory Gym on Church Street
SA & SU	2-5 pm	Sandusky Middle School

### Youth Open Gym

Supervised activity for youth ages 16 and younger.

<u>Day</u>	<u>Time</u>	<u>Location</u>
M-TH	6-8 pm	Dunbar Middle School

## Girls' Fall Youth Softball

### Ages 8 to 15

Our fall softball league is ideal for new players and those who want to continue to work on their softball skills. Girls ages 8 thru 15 are placed on teams according to their age. Practices begin in August and games are scheduled in September and October. Limited spaces are still available. Register by 9/1.

CR & NR \$40.00

Peaks View Softball Field 4 – Contact: Joanna Nisbet

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
31011.102	M-SA	8/14-10/31	6-10 pm



## Boys Basketball Clinics

Want a chance to work on your basketball skills and improve your game before the season starts? Come spend two evenings working on the FUN-damentals with us. Emphasis is placed on ball handling, passing and defense. T-shirts are guaranteed to participants who register by 9/29.

CR \$15.00; NR \$23.00

Linkhorne Middle Gym – Contact: Joanna Nisbet

### Ages 9 to 10 – Register by 10/13

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
31031.302	M & W	10/16 & 10/18	6-8 pm

### Ages 11 to 12 – Register by 10/18

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
31031.303	M & W	10/23 & 10/25	6-8 pm

### Ages 13 to 14 – Register by 10/18

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
31031.304	TU & TH	10/24-10/26	6-8 pm



## Girls Basketball Clinic

### Ages 9 to 14

Girls, are you interested in playing basketball? Do you want to learn to play or just have a chance to work on your skills and improve your game before the season starts? Come spend two evenings working on the FUN-damentals with us. Emphasis is placed on ball handling, passing, and defense. T-shirts are guaranteed to participants who register by 9/29. Register by 10/13.

CR \$15.00; NR \$23.00

Linkhorne Middle Gym – Contact: Joanna Nisbet

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
31031.301	TU & TH	10/17 & 10/19	6-8 pm

## Youth Basketball Instructional League

### Ages 7 to 8

This league gives boys and girls ages 7 & 8 (age as of 12/31/06) the opportunity to learn about the sport of basketball and give them a chance to play in a FUN and instructional environment. The fundamentals are taught and skills practiced on lowered baskets. Please note that birth certificates are required at the time of registration. All registrations are held at the Miller Center, 301 Grove Street.

<u>Day</u>	<u>Registration Date</u>	<u>Time</u>
TH	11/2	5-7 pm
SA	11/4	Noon-3 pm
TU	11/7	Noon-6 pm
TH	11/9	5-7 pm

CR \$15.00; NR \$23.00

City Armory – Contact: Joanna Nisbet

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
31033.101	SA	1/13-2/3	9-11 am

## Youth Basketball

### Ages 9 to 17

If you enjoy the game of basketball, register to play in our youth recreational league. The league is open to boys and girls ages 9-17 (age as of 12/31/06). Practices begin in December and games are scheduled to begin in January. Please note that birth certificates are required at the time of registration. All registrations are held at the Miller Center, 301 Grove Street. Late fees may apply to this program.

<u>Day</u>	<u>Registration Date</u>	<u>Time</u>
TH	11/2	5-7 pm
SA	11/4	Noon-3 pm
TU	11/7	Noon-6 pm
TH	11/9	5-7 pm

CR \$35.00; NR \$50.00

Location to Be Announced

Contact: Joanna Nisbet

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
31030.301	M-SA	1/6-4/15	5-9 pm

# Athletics

## ATHLETIC PARTNERS

### Blue Ridge Lacrosse Club

For more information please go to the website at [www.blueridgelax.org](http://www.blueridgelax.org) or e-mail [blueridgelacrosse@yahoo.com](mailto:blueridgelacrosse@yahoo.com). The mailing address is P.O.Box 12264, Lynchburg, VA 24506.

### Central Virginia Volleyball Recreation League

For more information, please go to the website at [www.cvvb.org](http://www.cvvb.org).



### Hill City Youth Football and Cheerleading

8/26 – Fall Football Jamboree  
Lynchburg City Stadium

Now registering until 9/1. Season begins 9/9.

Visit our website at [www.hillcityyouth.com](http://www.hillcityyouth.com), or contact any team representative listed below for more information.

#### Dearington Dolphins

Sylvia Hobson (Day) . . (434) 528-5713  
(Evening) . . (434) 384-3813

#### Dunbar Vikings

Latania Stewart . . . . . (434) 426-1160

#### Heritage Pioneers

Ingrid Hamlett . . . . . (434) 239-8838

#### Payne Dragons

Dierdre Glover . . . . . (434) 845-9850

#### Perrymont Panthers

Adrian Farrow . . . . . (434) 316-7168

#### Rivermont Raiders

Sidney Johnson . . . . . (434) 525-6070

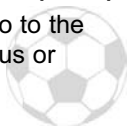
Cheerleaders, get ready for this year's competition and some exciting camps during the season.

### Lynchburg Little League

For more information, please go to the website at [www.lynchburglittleleague.com](http://www.lynchburglittleleague.com).

### Lynchburg United Soccer (LUS)

For more information, please go to the website at [www.lynchburg.net/lus](http://www.lynchburg.net/lus) or e-mail [lus@ntelos.net](mailto:lus@ntelos.net), or call (434) 846-6540.



**The Challenged Sports Exchange (CSE)**  
*offers year-round recreational programs and athletic activities for individuals with mental and/or physical challenges.*

**A**ge limitations and registration fees may vary with programs offered. At least one parent, guardian or provider must be on the premises at all times during any CSE activity or event. Only participants registering by the deadlines are guaranteed shirts and/or uniforms. The CSE is a program of the Lynchburg Parks and Recreation Department held in cooperation with the CSE Advisory Committee, Inc. and The Arc of Central Virginia.

To receive the quarterly newsletter or registration forms, please contact Barb Franz, CSE Program Coordinator, at (434) 455-5880. Information and forms may also be picked up at the Miller Center, 301 Grove Street, M-F from 8:30 am to 5 pm.

### CSE Tee Ball Jr. League Ages 5 to 18

It's time to play fall ball with the CSE Jr. League Tee Ball Team. No scores are kept and the name of the game is just plain fun. Fees are only applicable to new players not previously registered with the spring 2006 teams.

CR & NR \$25.00

Peaks View Softball Field 1 – Contact: Barb Franz

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
33002.301	TU & TH	9/5-9/28	6-7 pm

### CSE Tee Ball/Softball Sr. League Ages 19 & Up

The CSE adult softball league offers athletes the opportunity to participate on a real team and be a winner each time they come up to bat. Athletes enjoy this non-competitive league where they make new friends that last a lifetime. Seniors play two out of the three days on a rotating schedule. Fees are applicable to new players not previously registered in the spring 2006 season.

CR & NR \$25.00

Peaks View Softball Field 1 – Contact: Barb Franz

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
33002.302	TU W TH	9/5-9/28	6-8 pm

### CSE Bowling Ages 5 and Up

It's time to move indoors and enjoy the competition of knocking down the pins. Lane reservations fill quickly so register early. Reservations taken on a first-come, first-served basis. Register by 10/27.

CR & NR \$28

AMF Lynchburg Lanes – Contact: Barb Franz

<u>Day</u>	<u>Date</u>	<u>Time</u>
TH	11/2, 11/9, 11/16 & 11/30	6 pm



### CSE Fall-Winter Basketball Ages 5 & Up

Join CSE athletes as they enjoy the competition of half court basketball games or just shooting hoops and practicing their skills with the ball. Participants registering by the deadline are guaranteed shirts. Register by 10/20.

CR & NR \$20.00

Sandusky Middle Gym – Contact: Barb Franz

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
33004.301	TU	11/14-1/30	6-8 pm

### CSE Fall Centerpiece Class Ages 10 & Up

Use natural materials to make a centerpiece that makes your fall table shine.

CR & NR: \$20.00

Miller Center – Instructor: Susian Matherly

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
29101.301	TH	10/26	6-8:30 pm

### CSE Gingerbread House Class Ages 10 and Up

Add a little whimsy to your Christmas decorations with a gingerbread house fit for any well groomed gingerbread man and his family. This program is limited to 12 participants and will be filled on a first-come, first-served basis. Register by 12/1.

CR & NR: \$20

Centenary United Methodist Church Gym  
Leesville Rd., Lynchburg – Contact: Barb Franz

<u>Day</u>	<u>Date</u>	<u>Time</u>
Monday	12/11	6 pm

### CSE Christmas Topiary Class Ages 10 & Up

Have fun using the classic winter branches of English boxwood to create a beautiful topiary for your holiday table.

CR & NR: \$20.00

Miller Center – Instructor: Susian Matherly

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
29102.302	TH	12/14	6-8:30 pm